



DECEMBER/JANUARY 2026 NEWSLETTER

IN THIS ISSUE

- 1 Introduction
- 2 Grandparenting:
Connecting Across Generations
- 3 New Parenting Support Group
- 4 Coast Salish Family Law Gathering pt. 1
- 5 Coast Salish Family Law Gathering pt. 2
- 6 One on One Parenting Support
- 7 Parenting Workshops
- 8 Kinship Care Updates pt. 1
- 9 Kinship Care Updates pt. 2
- 10 Family Resources
- 11 Community Events for families in BC
- 12 Spotlight Support Groups
- 13 Support Group Schedule
- 14 Volunteer with PSS
- 15 Contact us

WE NEED YOUR

Feedback!

We want to hear from you!
Share your thoughts on our
newsletter by filling out our
quick survey. Your feedback
helps us improve!

Click below to start the
survey now.

TAKE SURVEY

QUICK LINKS



RESOURCES

DONATE

VOLUNTEER

NEWSLETTER





Grandparenting: Connecting Across Generations

A few years ago, once my kids were grown and out on their own, a friend—still deep in the trenches of raising school-aged children—asked me a simple but loaded question:

“What was the hardest thing about becoming a parent?”

I paused. I had been thinking about this very thing for a while.

The hardest part, for me, wasn’t the sleepless nights or the endless laundry (though those were no joke). It was realizing, somewhere in the thick of motherhood, that I had so much of my own growing up still to do. So much healing. So much learning.

I didn’t expect that. I thought I’d just be shaping my kids—but in reality, they were shaping me too.

Do I regret having children?

Not in a million years.

Being their mom has been the most profound, humbling, and transformative journey of my life. Am I “done” growing now that they’re adults? Not even close. I’m still learning, still unpacking, still becoming.

And now—I’m a grandma.

Some people say, “Now the fun begins! You get to spoil them and send them home.” Sure, grandkids are a joy and a half. Their energy is infectious, their wonder a gift. But spoiling them? That’s not quite how I see it.



I’m not in it for the sugar highs and toy overloads. I’m in it for **the time, the presence, the connection.**

I want to show up in a way that supports my grandchildren and their parents—my children—as they carve their own paths through parenthood.

That’s the real shift: recognizing that my parenting chapter is closed. It’s their turn now. Their rules, their decisions. And my role? It’s evolving.

Is it easy? Not always. I still catch myself opening my mouth when I should stay quiet. Old habits, old instincts—they don’t vanish overnight. But I’m learning. I’m doing the work to become the kind of grandparent my kids—and their kids—need me to be.



Parent Support Services
Society of BC

GRANDPARENTING: CONNECTING ACROSS GENERATIONS

New!

Are you a grandparent who is significantly involved in raising your grandchildren?

This could include those who are sharing a household and/or are providing regular childcare.

SCAN OR FOLLOW
LINK TO JOIN



**REGISTER
TODAY**

Groups are **confidential**, **anonymous** and are facilitated by trained volunteers.

<https://tinyurl.com/grandsconnect>

Got a question? Email us at
office@parentsupportbc.ca



We acknowledge the financial support of:
The Province of British Columbia and

Funded by the
Government of Canada's
New Horizons for Seniors Program

Canada  PAGE

Coast Salish Family Law Gathering: Building Relationships



In October 2025, we at Parent Support Services Society of BC (PSS) gathered for a two-day *Coast Salish Family Law Gathering* on the traditional territories of the Snuneymuxw First Nation.

Working in partnership with the Kwasun Cultural Education Society and cultural leader Joe Norris, the gathering brought together PSS staff, our families, and board members to learn directly from Coast Salish Elders.



Why We Gathered

This workshop was part of our ongoing journey to decolonize how we work and to learn how to better support parents and caregivers through Coast Salish cultural teachings, known as *snuw'uy'ulh*. These teachings—often described as “family law”—help us recognize our gifts, build healthy relationships, and honour our shared responsibilities.

Our hope was to learn how to ground our work with families in the teachings and values of Coast Salish Family Law.



The sessions were led by the Kwasun Cultural Education Society, a non-profit guided by 12 respected Elders from central Vancouver Island.

Kwasun has years of experience offering anti-racist and cross-cultural education in schools, universities, government agencies, and the RCMP.

Their work focuses on decolonizing systems that affect youth and families, centring Indigenous ways of knowing and being.

Continued...

What We Experienced

Day One – Ceremonies, Teachings, and Cultural Practice

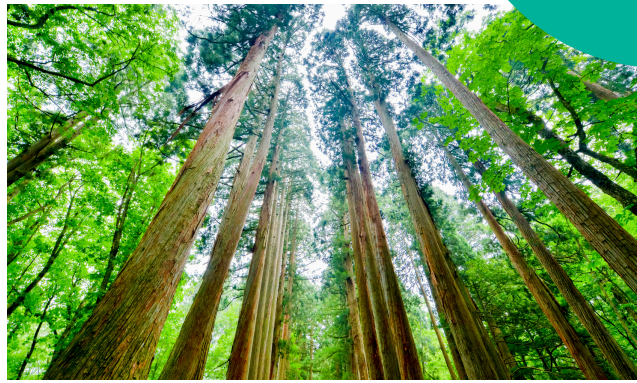
We began with a *shnetulhqun* (a morning meal) and a warm welcome. After introductions, we were invited into a moving Blanket Ceremony led by Elder Joe Norris—a powerful Coast Salish healing practice meant to uplift and support those receiving it. Lunch (*se’wun*) was served in keeping with tradition and gave us time to connect and share stories.

In the afternoon, Elder Joe, from Halalt, shared his values blanket, which carries *snuw’uy’ulh*—the teachings and guidelines for living that he learned from his grandfather. These values—Family Values, Trust, Respect, Integrity, Love, Forgiveness, and Responsibility—guide us to do things *hulqeh*, the right way. The blanket itself was made from a Residential School blanket that Joe was gifted and has lovingly repaired over the years.

We took time to reflect together on the day’s learnings. After dinner, we enjoyed an evening of culture and creativity—a beading workshop with Paige Schacher, songs, and powerful sharing from Lawrence Mitchell.

Day Two – Bringing the Teachings into Our Work

We started the next morning with coffee and open conversations around the table with Kwasun Elders. This informal space gave us a chance to ask questions, listen to stories, and think about how *snuw’uy’ulh* can guide our daily work and decision-making. Students joined us too, adding an intergenerational spirit to the conversations.



Together, we began the exploration of a central question: **How do we carry what we’ve learned forward?**

We talked about ways to strengthen caregiver support, bring cultural principles into our programs, and build more reciprocal relationships with Indigenous communities.

The gathering closed at noon with a summary and witnessing of the teachings that had been shared over the two days.

Carrying the Teachings Forward

Grounding our work in *snuw’uy’ulh* reminded us how traditional laws continue to strengthen communities today—through respect, reciprocity, and shared responsibility.

This was much more than a staff retreat. It was deep, heart-centered work that invited each of us to show up as our full selves. We left feeling connected, grateful, and inspired to carry these teachings into everything we do.

We look forward to continuing and deepening our relationship with the Kwasun Cultural Education Society and the Elders who so generously shared their wisdom with us.



Parent Support Services
Society of BC

One on One Parenting Support



FREE
access to a
professional
clinical
counsellor



With Sofia Fuertes, RCC

Clinical Counsellor | Parent & education
consultant | Community Development Worker

We're excited to introduce Sofia Fuertes, a Clinical Counsellor, Parent & Education Consultant, and Community Development Worker, who is offering personalized, one-on-one support for parents and caregivers already involved in our support groups.

What makes this new service different from regular support groups?

While group sessions are a wonderful way to connect with others, sometimes, a parent might want to talk one-on-one at their own pace, go deeper, or focus on something personal that's hard to bring up in a group.

What kind of support can parents expect?

Sofia will listen, help parents reflect, and guide them with finding strategies that work for their family. Sessions can be by phone or video, and are also offered in Spanish.

One on One Sessions are:

- ✓ Confidential & judgment-free
- ✓ Flexible remote sessions
- ✓ Personalized guidance for your family's needs

Interested in this service? Call Sofia at 604-669-1616 ext.116 or speak to your support group facilitator to learn if one-on-one coaching is right for you.

Not part of a group yet? No problem—[click here](#) to find a support group near you or online.



Must be a registered Parenting Support Group member to participate

Book an appointment

www.tinyurl.com/booksofia



Contact Sofia Today!

Call: 604-669-1616 ext.116

Email: sofia.fuertes@parentsupportbc.ca



DECEMBER/JANUARY 2026

PSS of BC recognizes and respects all the Indigenous Nations, Traditional Lands and Territories upon which we Gather, Live, Work and Play

PAGE 6



PARENTING workshops

Free,
Online,
Educational

LEARN MORE



Good Games, Big Feelings: Screen-Time Survival for Parents

Wednesday, Jan 21, 2026 | 10AM – 11:30AM | Online

This workshop will touch on:

- Understanding why screen are so compelling
- How to manage big digital emotions
- Replacing conflict with connection through practical tools and offline alternatives

REGISTER www.parentsupportbc.ca/workshops

SCAN ME



Let's Talk: Multilingualism

Wednesday, Feb 11, 2026 | 10:00 AM – 11:30 AM | Online

In this fun, science-informed session, we'll talk about how children learn language when they grow up in a multilingual environment.

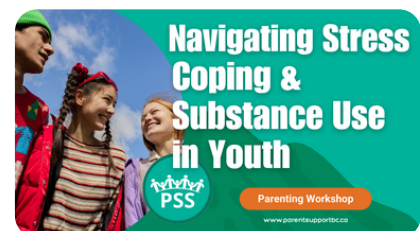
We'll also share simple, practical tips you can use at home and in your community to help their language development, whether you speak one language or several.

REGISTER www.parentsupportbc.ca/workshops

SCAN ME



[Click here to join our Parenting Workshop mailing list](#) for exclusive access to past workshop recordings!



KINSHIP CARE UPDATES & RESOURCES

BC Benefits Navigator

The BC Benefits Navigator was created to make it easier for health care providers to help people living with poverty and income insecurity.

Provincial and federal government assistance programs are complex. Current systems carry a legacy of **structural violence** and can be difficult to navigate. Make an action plan, and do a little to address health-related social needs at each visit.

[OPEN THE TOOL](#)



Barrier-Free Benefits

Need Help Applying for Disability Benefits?

Inclusion Canada's Barrier-Free Benefits program offers FREE, one-on-one help with disability benefits.

Their Navigators are here to help you apply for benefits like the Disability Tax Credit (DTC), including help with the medical certificate, the Registered Disability Savings Plan (RDSP), the new Canada Disability Benefit (CDB).

They can also provide general information and advice on filing your taxes and links to free services.

They'll walk you through the process — from start to finish.



Chioma Uchendu
Western Region (BC, AB, SK, MB)
navigator.west@inclusioncanada.ca
1-855-661-9611 Ext: 276

[CLICK HERE LEARN MORE](#)

KINSHIP CARE UPDATES & RESOURCES

Sign the petition asking the Government of Canada to add a Canada Pension Plan benefit for seniors 60+ who are raising children or grandchildren.

We strongly encourage everyone to sign this petition, initiated by Sharon Whiting, a grandmother raising her granddaughter. It calls on the Federal Government to recognize that many people aged 60 and over are raising—and are legally responsible for—children. The petition asks the Government of Canada to create a third type of CPP benefit specifically for kinship caregivers.



Fairness for Children Raised by Relatives Society argues that kinship caregivers are filling an essential role: preventing children from entering the foster care system and helping them stay connected to family, culture, and community.

By signing and sharing their petition, it seeks to address the financial unfairness and instability that many kinship caregivers face under the current system.

SIGN THIS PETITION

KINSHIP CARE HELP LINE

BOOK AN APPOINTMENT TODAY

604-558-4740
1-855-474-9777 (Toll-Free)



Ask us about...

- advocacy
- social work
- family law
- government services



OCTOBER/NOVEMBER 2025

PSS of BC recognizes and respects all the Indigenous Nations, Traditional Lands and Territories upon which we Gather, Live, Work and Play

PAGE 9

FAMILY RESOURCES

FOR PARENTS, CAREGIVERS, FAMILIES, & SERVICE PROVIDERS



The 12 Tips for Christmas: Holiday considerations for neurodiverse families

The Kelty Mental Health Podcast shares this great episode from Parenting in the Trenches, a podcast by Karen Peters. This episode tackles the complexities of the holidays and offers 12 considerations that can help parents and caregivers increase the joy and peace of the season, particularly when you have neurodivergent kids.

LISTEN NOW



Age restrictions for AI chatbots may be in new privacy bill, minister says

Canadian Artificial Intelligence Minister Evan Solomon said that a forthcoming federal privacy bill could introduce age restrictions on accessing AI chatbots, aiming to protect children from risks like mental health harms and AI-induced delusions.

WATCH NOW



Co-parenting Tip Sheet | BC Council For Families

The six tip sheets in the Kids: The ❤️ of Co-parenting series have been designed to give family-serving professionals and parents information and practical tools about the impacts of separation/divorce on children and positive approaches to becoming effective co-parents.

READ NOW



Growing Together Supporting the mental health and wellness of young children, mothers, and their families | BC Council For Families

This Growing Together module was developed as a public resource for community service providers who work with mothers (some of whom may be experiencing mental health and/or substance use challenges) and their young children and families.

LEARN MORE



COMMUNITY EVENTS FOR FAMILIES IN BC

VANCOUVER ISLAND

Family FUNday

January, 11 2026 | Kaleidoscope Arts Centre, Victoria

Drop-in storytelling, dress-up, hands-on crafts, and imaginative play in a community arts centre.

Bird Count – Family Nature Event (FREE)

January 3, 2026 | 10-5pm | Oliver Woods Community Centre, Nanaimo

A family-friendly birdwatching event led by the Nanaimo Area Land Trust + the city: spot local birds, enjoy a warm drink, and make a pine-cone bird feeder.

PRINCE GEORGE

New Year's Boogie | Itty Bitty Boogie

Tuesday, Dec 30, 2025 | Bob Harkins Branch 888 Canada Games Way Prince George, BC

Welcome the New Year with a library dance party and say hello to 2026!

Itty Bitty Boogie

Ages 0 - 5* | 11:00 - 11:45 am (Ball drop at 11:30 am)

Big Boogie

All ages* | 2:00 - 3:00 pm (Ball drop at 2:45 pm)

Registration:

Free Drop In:

LOWER MAINLAND

Festive Village

Nov 22, 2025 – Jan 2, 2026 | Burnaby Village Museum

Holiday lights across a 10-acre open-air historic village, scavenger hunts, carolers, roving entertainers, and seasonal entertainment.

Lights at Lafarge

Nov 28, 2025 – Feb 2026 | Lafarge Lake, Town Centre Park, Coquitlam (1299 Pinetree Way)

A 1.2 km lakeside path illuminated with themed light displays (fairytale zones, frozen fun, etc.). Explore the different themed areas among the shimmering displays and plan your visits for the various special evenings.

OKANAGAN

New Year's Eve Family Extravaganza

Tue, December 31, 2025 – 5:00 PM to 9:00 PM | The Delta Grand Resort, 1310 Water Street, Kelowna

Event Highlights:

- Live DJ & Light-Up Dance Floor – Dance the night away in style!
- Ball Pit & Family Fun Zone – Crafts, party hats, and festive decorations for all ages.
- Adults Lounge – A relaxing space for grown-ups to unwind.
- Family-Friendly Food Stations – Delicious bites for every taste.
- Fireworks Viewing – Enjoy the spectacular show from the Quench Pool Bar + Eats Patio.



SPOTLIGHTING SPECIFIC SUPPORT GROUPS

Shining a spotlight on our Parenting Support Groups currently seeking new members! These groups provide a space for parents and caregivers to share the challenges, concerns, questions, skills, and information, that come with parenting.

Join to be part of a supportive community!

SCAN ME



bit.ly/pssreferralform



NEW!

Parenting Support Group

Grandparenting: Connecting Across Generations

DATE & TIME TBA | ONLINE

JOIN THIS GROUP TODAY



Parenting Support Group

Fathering Group

WEDNESDAYS (BI-WEEKLY) | 7:30PM | ONLINE

JOIN THIS GROUP TODAY



Parenting Support Group

Spanish Fathering

MONDAYS | 6:00PM | ONLINE

JOIN THIS GROUP TODAY



Parenting Support Group

Filipino Parenting

SATURDAYS (WEEKLY) | 1:30PM | BURNABY

JOIN THIS GROUP TODAY

Check out the full list of active Parenting Support Groups at
parentsupportbc.ca/support-groups

Parenting Support Group Schedule

Free, confidential, and supportive parenting groups—online or in-person—led by trained volunteer facilitators to help you share and grow. These groups provide a space for parents and caregivers to share the challenges, concerns, questions, skills, and information, that come with parenting.

Learn more at www.parentsupportbc.ca/support-groups

SCAN ME



bit.ly/psreferrallform

Online Via ZOOM Group =

In-Person Group =

MONDAY

10:00 AM KINSHIP CARE GROUP	7:00 PM SPANISH GROUP	8:30 PM KOREAN GROUP
10:00 AM KOREAN GROUP	6:00 PM SPANISH SPEAKING FATHERS	9:00 PM GENERAL PARENTING

TUESDAY

2:00 PM FAMILY UNITY (INDIGENOUS, HADIH HOUSE) PRINCE GEORGE, BC	7:30 PM KINSHIP CARE GROUP
10:00 AM SPANISH SPEAKING PARENTING SUPPORT GROUP	

WEDNESDAY

7:00 PM PARENTING CHILDREN WITH ADHD	7:30 PM PARENTS OF YOUNG CHILDREN (AGES 2-10)
7:30 PM FATHERING GROUP	

THURSDAY

10:00 AM KINSHIP CARE GROUP	12:00 PM ARABIC PARENTING SUPPORT GROUP BURNABY
12:30 PM WOMEN'S WELLNESS (INDIGENOUS, HADIH HOUSE) PG	6:30 PM PARENTING NEURODIVERGENT CHILDREN
7:00 PM GENERAL PARENTING	7:30 PM PARENTING TEENS (13+)

FRIDAY

10:00 AM MANDARIN PARENTING SUPPORT GROUP	7:30 PM CANTONESE PARENTING SUPPORT GROUP
12:00 PM SPANISH PARENTING SUPPORT GROUP NEW WESTMINSTER	8:30 PM SINGLE PARENTS GROUP

SATURDAY

10:00 AM KOREAN PARENTING SUPPORT GROUP BURNABY	6:00 PM MANDARIN PARENTING SUPPORT GROUP UBC
1:30 PM FILIPINO PARENTING SUPPORT GROUP BURNABY	

SUNDAY

10:00 AM PARENTING CHILDREN WITH ADHD	6:30 PM MANDARIN PARENTING SUPPORT GROUP PORT COQUITLAM
7:30 PM PARENTING YOUTH WITH ANXIETY/DEPRESSION (12+)	

Don't see a group that meets your needs? Email us!

Azucena: azucena.martinez@parentsupportbc.ca
 Sandi: sandi.halvorson@parentsupportbc.ca
 Sofia: sofia.fuertes@parentsupportbc.ca
 Violeta: volunteer@parentsupportbc.ca

QUESTIONS? REACH US HERE:

parentsupportbc.ca
 1-877-345-9777 (Toll-Free)
office@parentsupportbc.ca

Funded by the
Government of Canada's
New Horizons for Seniors Program

Canada

We acknowledge the financial support
of: **The Province of British Columbia**

volunteer WITH PSS

EMPOWER FAMILIES
BUILD NEW SKILLS
GIVE BACK TO
THE COMMUNITY



BOARD MEMBER AT LARGE

Join our diverse team of Volunteer Board Members as a Member at Large and help support children and families across BC! Commit to a minimum 3-year term, attend virtual board meetings, and contribute to a Committee and the Annual General Meeting to drive our vision forward.

[APPLY NOW](#)



STEERING COMMITTEE MEMBER

Make a meaningful impact in the Lower Mainland! If you're part of the Hispanic/Spanish, Chinese, Filipino, Korean, Arabic, Portuguese, or South Asian communities, volunteer as a Steering Committee Member at PSS. Help shape our Group Programs, share invaluable knowledge, and connect with local communities.

[APPLY NOW](#)



OTHER VOLUNTEER OPPORTUNITIES

We offer a wide range of volunteer opportunities across our programs and services. These include, but are not limited to:

- Childminder
- Book Club Facilitator
- Special Events Volunteer
- Guest Speaker
- Curriculum Developer
- ASL Interpreter

[LEARN MORE](#)



CONTACT US PROVINCIAL OFFICE



PSS Toll-Free
1-877-345-9777



Kinship Care Help Line | Toll-Free
1-855-474-9777



PSS Office
604-669-1616



Kinship Care Help Line | Greater Vancouver
604-558-4740



PSS Email
office@parentsupportbc.ca



Kinship Care Help Line Email
kinshipcare@parentsupportbc.ca



**SIGN UP FOR OUR
NEWSLETTER**

**CHECK OUT OUR
WEBSITE**

**SUPPORT US AND
DONATE**

FOLLOW US ON



WITH FUNDING FROM



Funded by the
Government of Canada's
New Horizons for Seniors Program



vancouver
foundation



DECEMBER/JANUARY 2026

PSS of BC recognizes and respects all the Indigenous Nations, Traditional Lands and Territories upon which we Gather, Live, Work and Play

PAGE 15